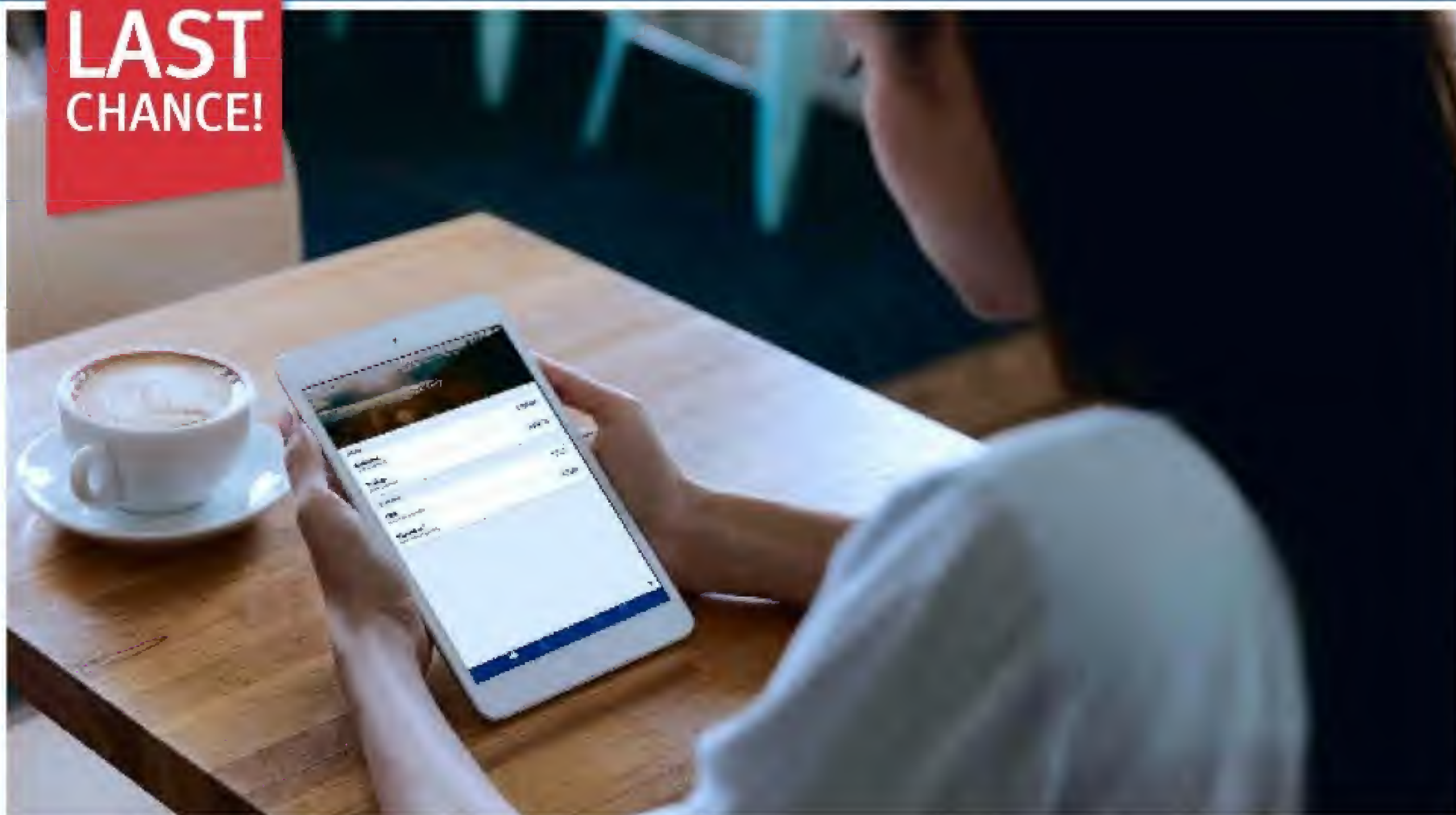




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Driver parks next to sign, gets ticket for crosswalk

DISPUTE

Woman says she felt 'deceived', calls for clearer signage in future

Braeden Jones
Metro | Winnipeg

One of the latest victims of a tricky and heavily ticketed parking spot near the Health Sciences Centre (HSC) is calling for accurate signage, a more accountable parking authority, or, preferably, both.

Kasia Buchman visited a friend in need at the HSC but made the mistake of parking on William Avenue near Tecumseh Street, where a sign indicates it is perfectly OK to park.

A green circle around a P for parking and an arrow clearly indicate where a vehicle could legally park, so she parked there and paid for an hour of parking.

Eleven minutes later a ticket was printed and stuck under her wiper, after a parking officer took pictures of the scene, which she'd be shown later on when she tried to dispute the ticket.

"It wasn't because I hadn't paid, it was a ticket for parking within three metres of a crosswalk," Buchman said.

As per the Highway Traffic



The sign where Kasia Buchman says she was ticketed for being too close to a crosswalk. HANDOUT

Act, no vehicle can park within three metres of a crosswalk—but she said the nearest crosswalk seems like more of a former driveway, it's unmarked and totally uncontrolled.

She said she felt "deceived" by the sign inviting her to park there, contradicting with the

traffic law, entrapping her and—as she's since found in other media reports—many Winnipeggers, who are more concerned with whatever brought them to the HSC than "getting out a tape measurer" to see how far the nearest unmarked crosswalk is.

Buchman spent more than 6 hours waiting to speak to a parking authority representative (over two visits, after losing patience on the first) and was made to feel "like... an idiot" by someone who pulled up Google Maps to show her where the crosswalk is, along

“By some technical standard they're upheld (Buchman's ticket and others), but they're just grossly unfair and something no other city would do.”

Todd Dube of Wise Up Winnipeg

with pictures of the infraction complete with measurements.

Her court date to fight the \$35 ticket is set for Sept. 2017.

She reached out to Todd Dube of Wise Up Winnipeg, a group that advocates for fair enforcement and road safety, and was one of "many, many" people flagging that spot as a problem to him.

"The signage is unfair, it's noncompliant, it's contradictory," Dube said on the matter. "By some technical standard they're upheld (Buchman's ticket and others), but they're just grossly unfair and something no other city would do."

Dube said the city has been "milking that intersection for decades," but worse than that, "when you go down to 494 Portage Avenue to argue that point... They ignore any argument, even the factual one, and tell you, 'you have to pay it.'"

CHARITY

Refugees get fixed up bikes from duo

A Winnipeg couple is bringing joy to the lives of refugee children with bicycles.

Gilles and Huguette Remillard have donated more than 100 bikes through the Immigration and Refugee Community Organization of Manitoba.

The couple spend several hours each day fixing and polishing used bikes they buy online and then donate them to refugee children who don't have one.

It started back in May when the couple donated their first bikes to a refugee family who came from Ivory Coast.

Once other refugee children saw the bikes demand for donations grew. Huguette Remillard says donating the bikes to the children is very rewarding.

"They all want bikes, it's like a swarm of bees," she said Friday.

"The smile on those kids' faces is worth more than a dollar."

The couple always wanted to travel to Africa to help families in need but when Huguette had a stroke in 1994 they had to put their dream and their trip on hold.

They now say they are fulfilling their dream in Winnipeg.

CTV WINNIPEG/ THE CANADIAN PRESS

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Does spending big locally impact election campaigns?

Candidates spent varied amounts on their Winnipeg campaigns but spending power did not always translate to winning power. A look at how some parties spent their funds:



1
Bill Paulishyn
Liberal, La Verendrye
Finish: Fourth
Total spent: \$3.24



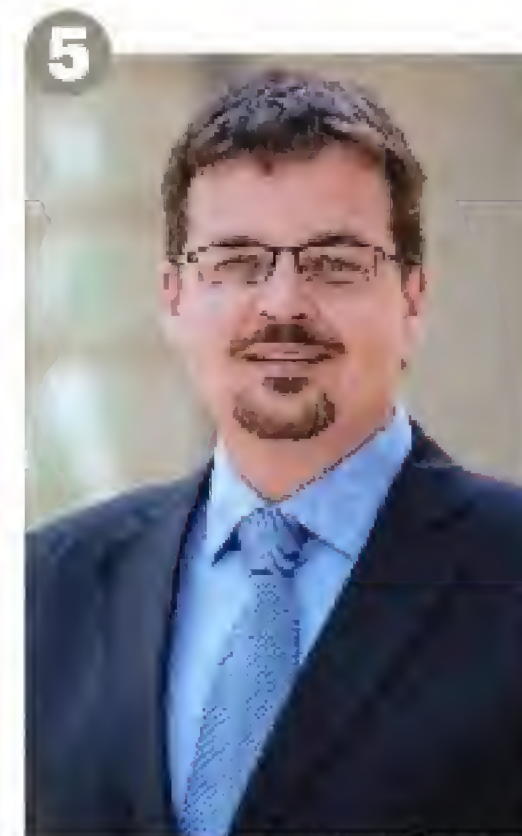
2
Scott Fielding
PC, Kirkfield Park
Finish: First
Total Spent: \$69,000



3
Steve Ashton
NDP, Thompson
Finish: Second
Total spent: \$18,000



4
James Bloomfield
Liberal, St. Norbert
Finish: Third
Total Spent: \$46,000



5
David Nickarz
Green, Wolseley
Finish: Second
Total spent: \$22,000

From a handful of coins to fistfuls of dollars, candidates in this year's Manitoba election spent vastly different amounts of money.

Among the most frugal was Bill Paulishyn, who filed total expenses of \$3.24 with Elections Manitoba, the agency that oversees provincial voting.

Paulishyn ran for the Liberals in the rural Tory stronghold of La Verendrye, spent less than two toonies on

signs and posters, and finished fourth.

Among the big spenders was Progressive Conservative Scott Fielding, who laid down \$69,000 as he helped the Tories retake the Kirkfield Park seat in Winnipeg from the NDP.

Province-wide spending figures for the political parties are not yet available.

Royce Koop, who teaches political science at the University of Manitoba, says con-

stituency spending can make a difference in tight races, but it's the central campaign that really matters.

"The number of volunteers and the amount of money spent helps (local campaigns)," Koop said Friday.

"But if your leader is running a terrible campaign, it's not going to make a difference."

The April 19 election saw the Progressive Conservatives elected with the largest Mani-

toba majority government in a century — 40 seats.

The former NDP government, facing public anger over a 2013 sales tax increase, was reduced to 14 seats. The Liberals won three seats, which was two more than in the last election.

Elections Manitoba sets maximum spending amounts for each constituency based on the number of registered voters in each area.

Other candidate election re-

turns filed so far include that of Steve Ashton, a former NDP cabinet minister, who had held the Thompson seat since 1981 until he was defeated in April. He spent \$18,000 — about half the maximum amount — and none of it on advertising.

Former NDP cabinet minister Drew Caldwell spent \$13,000 — about one-third the maximum — but lost Brandon East for the party, which had held it since the seat was created in 1969.

James Bloomfield, a candidate in Winnipeg St. Norbert, was among the top Liberal spenders. He filed \$46,000 in expenses that included a "Chinese website." He finished a distant third.

Green Party candidate David Nickarz, who came within six percentage points of taking out NDP incumbent Rob Altemeyer in Wolseley, spent \$22,000 — about \$12,000 less than Altemeyer.

THE CANADIAN PRESS

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City takes over subsidy

HOMEOWNERSHIP

Province no longer funds basement flood repairs



Stephanie Taylor
Metro | Winnipeg

There's good news for 107 or so Winnipeg homeowners who applied for the city's basement flood protection subsidy, despite the province's decision to withdraw its funding.

The city recently confirmed Brian Pallister's provincial government would not be funding the subsidy program for 2016.

The program, first introduced in 2011, seeks to give homeowners access to new drainage systems so to prevent their basements from flooding during heavy rainfalls.

"The program has served to educate homeowners of the importance of installing and maintaining existing backwater valves and sump pit drainage systems and making their in-



Winnipeg's flood subsidy for basements will not leave residents all wet. METRO FILE

stallation more affordable," spokesperson Michelle Finley wrote in an email to Metro.

Under the program, homeowners can receive a subsidy for 60 per cent of the invoiced cost, including labour, materials, permit and taxes for the installation of an in-line backwater valve, sump pit drainage

system or both.

In the past, the province had offered \$500,000 for the Winnipeg homeowners, however, that will not be the case this year.

Coun. Brian Mayes, chairman of the city committee on water and waste, said he would not criticize the province's decision, noting the new government

has its own fiscal matters to manage.

He does, however, believe there is still value to the program, particularly because it helps residents deal with combined sewer overflows caused by the city's old pipe systems.

"It's a worthwhile initiative," Mayes said.

PUBLIC ART

Indigenous artists invited downtown

The Winnipeg Arts Council is searching for indigenous artists to create more public art downtown.

The council has put out a call for First Nations, Métis and Inuit visual artists to submit expressions of interest to conceptualize and design three public artworks for Air Canada Window Park, located at the corner of Portage Avenue and Carlton Street.

In its call to artists, the council touts the site as a gathering place for our city's local indigenous community.

The council said the idea to commission the artworks came after a meeting between

a group of indigenous artists, elders, scholars and curators.

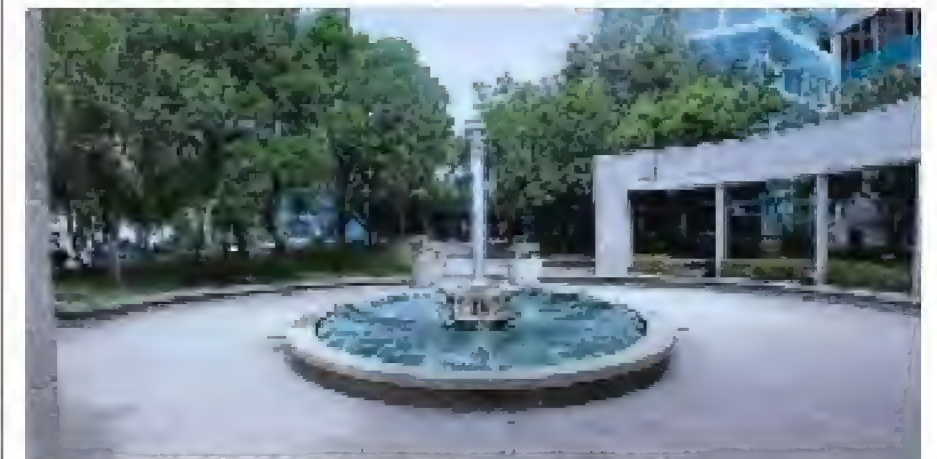
In their submission, artists are asked to consider the importance of the site in the context of being Treaty One land, which is the traditional territory of the Anishinaabe people and homeland of the Métis nation.

If successful, one artist will be awarded a budget of \$200,000 while the remaining two will each received \$100,000.

Artists are invited to submit their expressions of interest until September 8.

The projects are to be installed by next fall.

STEPHANIE TAYLOR/METRO



Air Canada Window Park. HANDOUT

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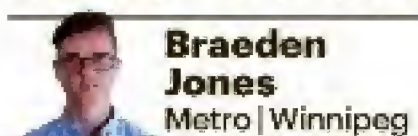


Manitoba Hydro's head office in downtown Winnipeg.
TORSTAR NEWS SERVICE/FILE

Energy firm takes big hit

FINANCES

Manitoba Hydro reports low revenue, net income loss



Braeden Jones
Metro | Winnipeg

Manitoba Hydro's net income is down—way down.

While overall revenue in 2014-16 was \$2.26 billion, representing a decrease of \$58 million over the last fiscal year, net income fell by \$87 million from \$136 million in 2014-15 to just \$49 million.

In a statement, the public utility provider said the income drop is attributed "largely to lower Manitoba revenues and an increase in expenses."

The increase in expenses included finance costs, as well as depreciation related to new infrastructure projects.

Manitoba Hydro claims a

milder winter contributed to lower revenues in the province "in both the electricity and natural gas segments."

But domestic shortcoming aside, the revenue-loss was partially offset by a \$31 million increase in revenue from export sales.

"These higher export revenues were primarily due to favourable U.S. exchange rates and the higher volumes of electricity that could be sold in the opportunity sales market because of lower domestic demand," the statement reads.

Overall, export sales represented more than 20 per cent of Manitoba Hydro's overall electricity revenues in 2015-16.

\$87M

The amount that net income fell by in the last fiscal year— from \$136 million in 2014-15 to just \$49 million.

INVESTIGATION

Suspect in senior's death charged with manslaughter

Winnipeg Police have laid manslaughter charges in relation to a body found earlier this week. Around 9:55 a.m. Tuesday morning, police were called to a residence on Bannerman Avenue where a man's body had been found.

Shortly after, the victim was identified as Winnipegger Eugene Allan

Harris, 62, and an autopsy determined the victim "suffered injuries consistent with an assault."

Police said homicide detectives identified Vincent Morin, 31, as a suspect. Morin has been charged with manslaughter for his alleged involvement in the fatal assault. Anyone with information is asked to contact investigators at 204-986-6508. METRO

POLICE

High-risk sex offender to live in Winnipeg

Winnipeg police are alerting the public that a high-risk sex offender is being released into the city.

Brett Russell Jeffery Pilch, 51, left the Headingley Correctional Institution on Friday.

Police say he had been serving a one-year sentence for failing to comply with the conditions of a probation order. Despite receiving sex offender treatment, police warn that Pilch is at a high-risk to re-offend and say that adult women and older female teens

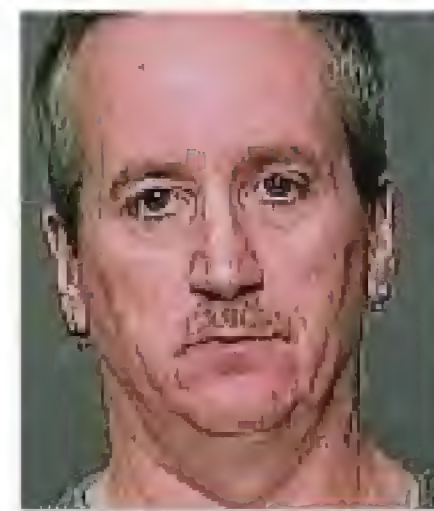
are at risk of sexual harassment and possible physical violence.

Police say Pilch has an extensive criminal history, some of which pertains to the sexual harassment of women. He has served four federal sentences and is convicted of assault, sexual assault, indecent and harassing phone calls, as well as mail theft.

Police say that in the past, Pilch's harassment of women has taken place over the phone, but in some instances, happened in person.

Upon his release, police say Pilch will be subject to the conditions of two concurrent probation orders. Some the terms of his probation includes no communication with any sex workers or possession of pornography, as well as abiding by a curfew between 11 p.m. to 7 a.m. STAFF/ METRO

Brett Russell Jeffery Pilch, 51, was released from the Headingley Correctional Institution. HANDOUT



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SASKATCHEWAN

Councillor's post online may lead to dismissal

A Saskatchewan reeve says the future of a councillor who posted an online comment about the shooting death of an aboriginal man will be a topic at an upcoming meeting.

A screen-grab of the post, from a user named Ben Kautz, was widely circulated after the death of Colten Boushie earlier this month.

Boushie, 22, of the Red Pheasant First Nation was killed after the vehicle he was in drove onto a farm in the rural municipality



His only mistake was leaving three witnesses. A Facebook comment from user Ben Kautz, about the shooting of Colten Boushie

of Glenside, west of Saskatoon.

The property-owner, 54-year-old Gerald Stanley, is charged with second-degree murder. He has pleaded not guilty and was granted bail Friday.

"His only mistake was leaving three witnesses," read the post on a Saskatchewan farmers group Facebook page.

Kautz, a farmer near the small town of Lampman, southeast of Regina, is a councillor with the rural municipality of Browning. The reeve for the area, Pius Loustel, wouldn't say whether he thinks the post warrants Kautz's removal from council.

"We're going to discuss it at our next meeting," Loustel said.

"That's all I'm going to say."

His wife, Dawn Kautz, told The Canadian Press that she doesn't know exactly what the post said but that it was written in the heat of the moment. Her husband regrets the post, she added, and has offered to step down as councillor.

"He shouldn't have said what he said and he knows that," said Dawn Kautz. "My husband removed his comment. ... I wish we could just leave it at that."

THE CANADIAN PRESS



This "hobbit" house at Entre Cimes & Racines in Quebec was built partly underground and has a green roof. The circular door and windows and the stone and wood interior lend this ecolodge a "Tolkienesque". CONTRIBUTED/TORSTAR NEWS SERVICE

The Lord of the Listings

LE HOBBIT

Quebec resort boasts green lodge inspired by Tolkien

Living in a hole in the ground isn't anyone's ideal.

But to quote J.R.R. Tolkien, hobbit holes are not nasty, dirty, wet holes filled with the ends of worms and an oozy smell.

No, hobbit holes mean comfort. With the popularity of Tolkien's famous dugouts persisting, a lodge close to Montreal is trying to give people that sense of comfort — minus the troublesome wizards interrupting important party business.

Entre Cimes & Racines, near Eastman, Que., is a collection of 12 "ecolodges," where people can glamp, or glamour-camp. None of the houses has electricity, and the toilets are outhouses. But there are beds, wood-burning stoves for heat, and of course a roof.

Since 2011, the lodges have included one seemingly pulled out of Tolkien's imagination, called "le hobbit."

Where the other lodges are all built with timber from the surrounding forest, le hobbit is an underground lair — much like hobbit holes.

One of the three brothers who own the property wanted to try something similar after being inspired by cave dwellings he frequently visited in

+ SHIRE-CHIC

Le hobbit is only one of dozens of hobbit-based lodgings across the world.

■ In **Trout Creek, Mont.**, a listing invites travellers to stay in a whole area modelled after the Shire.

■ In **Orondo, Wash.**, a lodging called "Tiny House in the Shire" features the iconic green door seen in the movie adaptations of the Lord of the Rings.

■ In **Talkeetna, Alaska**, "the Hobbit cabin" offers a similar feel, without the signature round door, but includes the sod roof that makes the whole thing look as if it's built into a hill.

Europe, said Michele Gagnon, a manager at Entre Cimes & Racines.

"When he came back here he said, 'Why don't we build something under the earth,' and then they thought of the hobbit house," Gagnon said.

The dwelling was built totally from imagination, using no blueprints, Gagnon said.

The hobbit-like look was achieved mostly through the big round windows and door. People immediately fell in love with it, Gagnon said.

"It's rented out on weekends three years in advance," she said.

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Where the water is 'freedom'

INCLUSION

Surfers with disabilities hit the waves at N.S. beach

Surfers of all abilities hit the water at a Nova Scotia beach this weekend for They Will Surf Again, an event that allows people with disabilities to enjoy the freedom of riding the waves.

More than 40 people with disabilities, including 14 recent immigrants from Syria and Iraq, signed up for the event at Martinique Beach near Halifax on Saturday. Organizers say it is the only Canadian stop for Life Rolls On, which sets up similar events in cities across the continent.

Jesse Billauer, who founded the U.S.-based organization after a surfing accident rendered him quadriplegic around 20 years ago, flew in from California to support the roughly 115 volunteers assisting with the event.

"It makes you feel weightless ... A lot of people in wheelchairs don't get that sensation," Billauer says. "By being able to get out into the ocean, (they) have that freedom and



Justin Burdon, who is dependent on a wheelchair, reacts while surfing in the Atlantic Ocean for the first time in 12 years during a surf event for people with disabilities at Martinique Beach Provincial Park in Musquodoboit Harbour on Saturday. DARREN CALABRESE/THE CANADIAN PRESS

independence they might have lost."

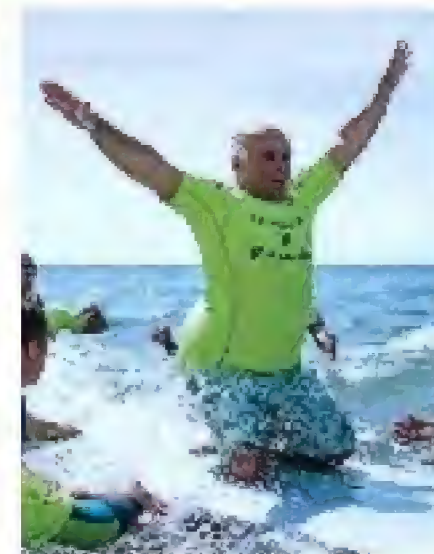
Justin Burdon, who has a brain injury, experienced the ocean for the first time in 12 years as he rolled along the waves with a full-faced grin, his surfboarded guided by a group of volunteers.

His mother, Elizabeth Burdon, says "his smile says it all." She says it's usually hard for individuals with disabilities to get to the beach.

"When you're restricted physically in your body ... I think being able to move along effortlessly on a surfboard in the

water must just seem like freedom," she says. "(You're) on par with everybody else."

Ali Allawi, who came to Halifax from Iraq two years ago, swam behind his sons Hussein and Ayoob, both of whom have disabilities, as they surfed for the first time.



Mohammed Ibrahim, a Syrian refugee with an amputated leg, catches a wave. THE CANADIAN PRESS

"When I see all the people with disabilities, not just for my sons ... enjoy (themselves), I am happy," Allawi says. "We're very happy in Canada."

Vicki Morton and Rick Rector held hands as they made their way into the water.

At the inaugural Nova Scotia event in 2014, Morton, balanced on her one leg during her first time on a surfboard. She brought Rector, who lost part of one leg, along this year.

"A lot of people look forward all year to something like this," Morton said. THE CANADIAN PRESS

INDIGENOUS RIGHTS

'60s Scoop victims go to court

Thousands of aboriginals who argue the federal government robbed them of their cultural identities finally get their day in court this week but will have to wait months for Canada to make their case in the unprecedented class action Ottawa has fought every step of the way.

The plaintiffs and supporters from all over Ontario are expected to rally at the courthouse on Tuesday as their lawyers press for summary judgment in the legal battle started in February 2009.

The lawsuit turns on a federal-provincial arrangement — now dubbed the '60s Scoop — in which Ontario child welfare services placed as many as 16,000 aboriginal children with non-native families from December 1965 to December 1984.

Their unproven claim alleges the children suffered a devastating loss of cultural identity that Canada negligently failed to protect. The children, the suit states, suffered emotional, psychological and spiritual harm from the lost connection to their heritage. They want \$1.3 billion in damages — \$85,000 for each affected person.

THE CANADIAN PRESS

POLITICS

Philpott looks to shed expenses controversy at cabinet retreat

Prime Minister Justin Trudeau and his cabinet went back to school Sunday with one minister — Jane Philpott — trying to shed her newfound reputation as a problem pupil.

The health minister used the start of a two-day cabinet retreat at Laurentian University to apologize in person for repeatedly using a pricey luxury car service owned by a man who volunteered on her election campaign last fall.

Casting the controversy as a

learning experience for all ministers, Philpott repeated her vow, made in a written statement last week, to reimburse at least \$3,700.

"I'm happy now to say in person, in front of all of you, that I apologize for what took place," Philpott told reporters on her way into the retreat, her first public appearance since the controversy broke last week.

"The costs were too high. Those costs were inappropriate and I apologize for that."



Health Minister Jane Philpott speaks to media at the cabinet retreat. THE CANADIAN PRESS

Philpott called the controversy "a mistake" and insisted she never deliberately intended "to do anything that was wrong."

Still, she admitted that she could have been more clear when she told Parliament, in a written response to an opposition question placed on the House of Commons order paper, that she'd never used a limousine service.

Company owner Reza Shirani has confirmed that the vehicle Philpott used was a Lexus luxury sedan, prompting opposition

charges that the minister misled Parliament.

Philpott said the response was crafted on the advice of her department.

"Again, in retrospect, we could have obviously been much more specific and clarified exactly what car service was used in some of my work. Again, lessons learned."

Opposition critics weren't satisfied with her explanation.

New Democrat MP Charlie Angus remained convinced Philpott misled Parliament.

Philpott paid \$3,700 to Executive Sedan Livery Service Inc. for travel around Toronto and to Hamilton and Niagara Falls on March 31 and July 12 — an amount she's promised to reimburse.

She paid another \$3,815 to the same company for 20 trips to Toronto's Pearson Airport. She has asked her department to review those charges to ensure fair market value was paid and she's promised to reimburse any that turn out to have been excessive.

THE CANADIAN PRESS

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Child suicide bomber attacks wedding party

TURKEY

More than 50 people killed, and nearly 70 wounded

A child suicide bomber killed at least 51 people and wounded nearly 70 others at a Kurdish wedding party near Turkey's border with Syria, President Recep Tayyip Erdogan said Sunday, decrying the attack as an apparent attempt by Daesh extremists to destabilize the nation by exploiting ethnic and religious tensions.

"As of now, the preliminary conclusions by our governor's office and the police establishment point to an attack by Daesh," Erdogan said.

"It was clear that Daesh had such an organization in Gaziantep or was attempting to make room for itself in recent times," he said.

The bombing late Saturday



People mourn for victims of a weekend attack on a wedding that left at least 51 dead in southeastern Turkey. AFP/GETTY IMAGES

in Gaziantep was the deadliest attack in Turkey this year.

It comes amid ongoing struggles between the government and Kurdish militants linked to the outlawed Kurdistan Workers' Party, known as the PKK, and as the country is still reeling from the aftermath of last month's failed coup attempt,

which the government has blamed on U.S.-based Muslim cleric Fethullah Gulen and his followers.

Erdogan said immediately after the Gaziantep attack, which he blamed on Daesh, that any strategy "meant to incite the citizens against each other along ethnic and reli-

gious lines will not work."

Later, addressing the nation before Istanbul's city hall, Erdogan said the attacker in Gaziantep was aged between 12 and 14. He said 69 people were wounded, with 17 of them in critical condition.

The pro-Kurdish political party HDP condemned the attack on the wedding, which it said was attended by many of its party members.

It said in a statement that it was "quite significant" that the attack, which it also blamed on Daesh, came hours after the Kurdistan Communities Union, a militant organization that includes the PKK, announced plans to try to negotiate to end a three-decade conflict between Kurdish militants and the Turkish government.

The bride and groom weren't in life-threatening condition and were undergoing treatment, but the groom's sister and uncle were among the dead, Anadolu reported.

THE ASSOCIATED PRESS

MIDDLE EAST

Brother of wounded Syrian boy has died

The brother of a wounded Syrian boy who gained international attention has died three days after suffering serious injuries in an air raid on the northern Syrian city of Aleppo, opposition activists said Sunday.

The Britain-based Syrian Observatory for Human Rights and Aleppo-based activist Baraa al-Halaby said that Ali Daqneesh, 10, died on Saturday from wounds sustained in the same airstrike on a rebel-held neighbourhood in Aleppo.

Syrian activists released haunting footage showing Ali's brother Omran Daqneesh, 5, rescued from a partially de-

stroyed building in the aftermath of the airstrike late Wednesday. Omran was treated and later discharged.

The Halab Today opposition TV station posted a photo of Ali in a hospital with a tube coming out of his mouth, saying he later died from his wounds.

Omran was rescued along with his three siblings and his parents from the rubble of their partially destroyed apartment building, according to photo-journalist Mahmoud Raslan, who took the memorable photo. The building collapsed about an hour after the family was rescued. THE ASSOCIATED PRESS



Ali Daqneesh, 10, the brother of Omran, who gained international attention, has succumbed to his injuries. RAF SANCHEZ/TWITTER



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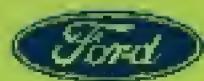
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Food truck boom grows

ENTREPRENEURSHIP

Industry still trying to find its place

Emmanuel Guardado had always dreamed of starting his own food business, but it was only when he lost his job in the oil-and-gas industry that he decided to dive in.

"I got laid off from my job and figured, what better time to do a food truck?" he said.

Seeing almost no food options in Calgary from his native El Salvador, Guardado set his theme around the street foods of his homeland, including the stuffed tortillas known as pupusas.

Hitting the road in April, Guardado has now joined the ranks of food truck owners lured by the flexibility and relatively low start-up costs as the industry shifts from buzzy upstart to an established category in the Canadian food landscape.

In Calgary alone, 76 permits for food trucks have been issued this year, up from 47 a couple years ago — and the



Emmanuel Guardado owns the QueChivo Salvadoran truck in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

highest number since the city started offering them in 2011.

But Guardado says there's still room for more.

Toronto has also seen a bump in food truck permits after the city shrunk the required buffer between trucks and restaurants from 50 metres to 30 metres,

now more in line with Calgary's 25-metre spacing.

"Last year really was a massive victory for us," said Zane Caplansky, owner of Caplansky's deli and a Toronto food truck pioneer who's been up and running since 2011.

With regulations that Caplansky says were "archaic and repressive" now gone, on-street permits have gone from 16 in 2014 to 56 this year.

But with parking spaces for big trucks still a problem, and crowds unreliable, Caplansky says it's still a challenge to oper-

ate on the streets of Toronto. "It's a tough business," he said. "You can do very well, or you can lose a lot of money very quickly."

Many truck owners, Caplansky says, are skipping the street permits and sticking to private events like weddings and food truck festivals where the customers are guaranteed. The fact that the number of food trucks aren't skyrocketing despite the loosening regulations has helped ease tensions with the restaurant industry, which has fought to keep buffers in place to respect the property taxes and investments restaurants have made.

"It's largely settled down," said Mark von Schellwitz, vice president of Western Canada at Restaurants Canada. "Generally the two are co-existing quite well."

THE CANADIAN PRESS

LOUISIANA

Rice harvest feels effect of flooding

Heavy rain that brought record flooding to Louisiana recently has put a damper on the U.S.'s harvest of rice, a food staple that usually likes water as it grows but can't be gathered by machine if fields are inundated.

While rice is an aquatic plant, this is the time of year when farmers drain their land and roll in heavy equipment for the harvest. Some fields remain unreachable in parts of Arkansas and Louisiana.

"I've heard from a lot of the farmers the water level has been higher than a lot of the past hurricanes," said Dustin Harrell, a rice agronomist at the LSU Agriculture Research Center near Rayne, Louisiana. Two feet of rain fell in parts of the state.

The 2016 crop was expected to be 26 per cent larger than 2015's, according to Eric Wailes, an agricultural economist at the University of Arkansas. Losing part of this year's crop shouldn't trigger price increases for rice used for food, or for anything uses rice as an ingredient, he said.

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

At work, I took a nice water bottle from the pantry. I thought someone must have forgotten it. Later a colleague came by looking for it. If I give it back now, he'll surely think of me as a thief. What should I do?

Dear Ellen,
I know I have done something wrong. In the pantry at work, I saw a nice water bottle and thought that someone must have forgotten it there. I really liked it and kept it in my bag. Then, about two minutes later, a colleague came by, dumb-struck that his water bottle had disappeared. I thought if I told him I took it, I would come in his bad books of stealing. He looked around and asked people for about 20 minutes before giving up. I genuinely thought that the bottle was left there and no one wanted it. Now I feel really bad but don't know what to do. If I give the bottle back now, he will surely think of me as a thief. Right?

Thanks, Anonymous

Dear Anonymous,
This is a classic error, one that many of us have made. Caught in an innocent but embarrassing faux pas, we choose to lie our way out of it — either by commission (vigorous denials) or omission (playing dumb).

A person with no conscience would leave it there, privately regret the error, quietly dispose of the water bottle, and move on.

A person with an evil side might even take advantage of the situation and take it further — framing a work-

Next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

Isn't it the best
to go home from work
with a clean conscience?



place nemesis by planting the "stolen" water bottle on their desk or in their locker, then pointing the aggrieved colleague toward the evidence and sitting back to watch the fur fly.

But you, Anonymous, are clearly a person of firm morals and exquisite conscience — perhaps not quite as guilt-ridden as the murderer Raskolnikov in Crime and Punishment, but clearly suffering greatly for your inadvertent crime.

The most obvious solution is to come clean and return the water bottle along with a copy of the letter you sent me, above. Hopefully, your colleague will have a sense of humour about the whole zany situation and you can

both have a good laugh about it!

Then again, he could accuse you of being a common thief, report you to HR for stealing and persuade everyone in your workplace to ostracize you from now on. That would be unpleasant, and I wouldn't blame you for considering other options.

I would caution you against any sitcom solutions. For example, if you FedEx the water bottle to your outraged colleague, with an anonymous note claiming to be a reformed kleptomaniac courier, sitcom logic would inevitably require your colleague to contact FedEx, make them narrow down the list of suspects, and get an actual, innocent courier

fired — which would make you feel even worse.

My advice is to discreetly return the water bottle to the pantry. Stuff it into a cupboard or toward the back of the fridge, but make sure it will eventually be found.

Your colleague will soon have his precious water bottle back and, hopefully, conclude it was an innocent office mix-up, which, basically, it was.

No harm, no foul. And next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

Need advice?
Email Ellen:
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ROSEMARY WESTWOOD

It's time to get behind International Safe Abortion Day

Among the confounding aspects of anti-abortion laws is the fact that they have a negligible impact on actual abortion rates.

Internationally, the rate of abortion in countries with highly restrictive laws is about 37 for every 1,000 women of childbearing age — compared to 34 for every 1,000 in countries with higher access, according to the Guttmacher Institute.

In essence: Many women who want or feel they need to terminate a pregnancy will find a way, no matter the risk (abortions cause an estimated 15 per cent of maternal deaths). That makes anti-abortion laws a colossal policy failure, as well as dangerous.

And yet, thanks to the iron grip of those religiously or ideologically opposed to them, abortions remain taboo on the world stage.

This September, hundreds of organizations from 73 countries are pushing for the United Nations General Assembly to designate Sept. 28 as International Safe Abortion Day, something already celebrated, but without such official backing.

The move would be largely symbolic — a chance to draw awareness and donors. An opportunity for countries like Canada to apply diplomatic pressure to nations like Paraguay, which last year refused a 10-year-old rape victim an abortion.

A day wouldn't force any

country to change its law. It wouldn't give women better access to safe abortions (at least, not directly).

And yet, Marge Berer of the International Campaign for Women's Right to Safe Abortion has little hope the measure will succeed. The political influence of nations — mainly in Latin America, Africa and Asia — that continue to outlaw abortion in all or most cases is almost certain to be a stumbling block, she told me.

"I'm not expecting a fast easy win here, but I do think that if things go right, we will have started a conversation that I hope will take off," Berer said.

The Zika outbreak could fuel that. Latin America — the birthplace of the Sept. 28 day of advocacy — is ground zero for renewed international scrutiny of abortion rights in the wake of the virus, which gravely damages fetuses. Requests for abortions in Brazil, for example, have reportedly doubled.

"We are all very alarmed and I do not want have a sick baby, please," one Peruvian woman begged an online abortion pill provider.

Canada should not count itself among the nations indifferent to this woman's suffering, and millions like her around the globe. We should get behind International Safe Abortion Day.

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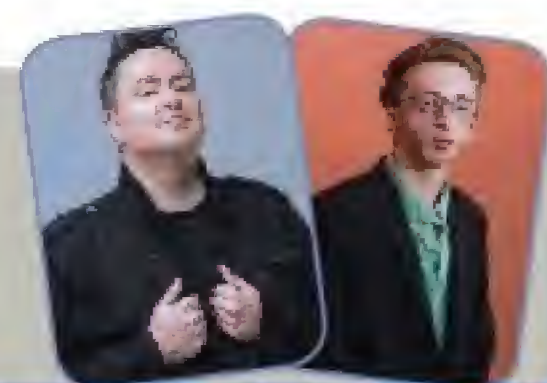
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Board games

"I feel like the Olympics needed us more than we needed them at this point," Tony Hawk tells Metro, about the inclusion of skateboarding in the Summer Games. COURTESY GEORGE PIMENTAL

INTERVIEW

Tony Hawk's clothing line is going mainstream

Genna Buck
Metro Canada



Tony Hawk isn't just a skateboarding legend, 10-time gold medallist at the X Games and star of one of the most beloved video games of the early 2000s.

He's also a philanthropist who helps fund skate parks

around the world, and a father of four, including 23-year-old pro skateboarder Riley Hawk.

And though he's toned down his daredevil ways at 48, Tony Hawk is still doing gravity-defying tricks for a new generation of skaters and fans on social media.

Now his clothing line — which for now is only for men and boys — is headed for the mass market via Walmart.

Metro caught up with Hawk between demos at Toronto's Yonge-Dundas Square to chat about closing skateboarding's gender gap, and how the Olympics could make the sport truly global.

When you started

skateboarding, it was a bit of an underground thing. Is there anything left of that?

I think there are still the hardcore skaters that want to go out and hit the forbidden terrain, and the handrails — the public spaces that they're not supposed to. That element is very much alive in skateboarding. On the other side of that, there's a very real opportunity to make a career out of it. So I don't see the success taking anything away from the heart of skateboarding.

What does the inclusion of skateboarding in the Olympics mean to you?

It's a sense of validation. At the same time, I feel like the

Olympics needed us more than we needed them at this point. They needed that cool factor in the Summer Games, and they're going to get it with skateboarding.

Is there anything you see skaters doing now that makes you say, "Wow, that never would have happened in my day"?

I'm delighted by the tricks that are happening, that kids learn early on. Stuff that wasn't even invented when I was their age. Those are considered the basics now. For instance, a kickflip (where a rider flips their board 360 degrees horizontally). Rodney Mullen created it. I think I was 13 at the time. No one else could do it for years. It took me a long time to learn it. Basically, if you start skating (now), people expect you to do it.

Why is your clothing line being sold at Walmart? It's not the punkiest retailer that comes to mind.

Our clothing line was originally our own. Quicksilver bought it, and then it was in stores in the U.S. and it kind of remained stagnant there, because Quicksilver was having problems. Cherokee bought it, and our first direction to Cherokee was: We want to make this international. Walmart picked it up, and we're thankful because it's way more affordable and the same quality.

Why is the line only for boys and men?

A girls' collection is a great idea and certainly something we are considering.

What would you say to a girl who's interested in the sport?

It's a new sense of freedom. It's a way to be creative, and I think it's a way to find self-confidence that maybe you can't find in other places.

METRO ASKS ON THEIR BEHALF

Members of Toronto's Babes Brigade — a women's skateboarding group whose name was inspired by Tony Hawk's one-time squad the Bones Brigade — had some questions for one of their heroes.

You have been able to watch the skateboarding scene develop over the years. Where do you see it going in the future in regards to popularity? Will it continue to grow?
-Stephanie Battieste



COURTESY CHRISTELLE GROB

Hawk's answer: I think so, just based on how it's growing internationally. We've seen skate scenes blossoming in Cambodia, Ethiopia, South Africa, in the most unlikely places. Now, with the inclusion in the Olympics, we're going to see that go even further.



COURTESY CHRISTELLE GROB

What do you think about the gap in prize money for skate competitions? For example, when men win \$200K and women \$30K in the same competition. Do you see that gap closing?
-Chantal Garcia

Hawk's answer: I think it is closing as we speak. I'm not really in charge of any of that, so I'm not going to say I'm going to make these demands on it, but I see the equality shifting in unlikely places, like Afghanistan, like South Africa — the ratio of boys to girls skating is equal. That's not the case in North America. With the Olympics, if you include a sport, it's male and female. So out of the gate, we're going to have equal events.



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Top editors turning a new career page

PRINT MEDIA

Why women at helm of top mags in Canada are moving on

Shinan Govani
For Tortstar news Service

There is life after the September issue. Sitting with me in the yawning sun one recent weekday afternoon — where the chitchat cruised from the new Christian Louboutin boutique in Yorkville to the burgeoning interior trend of “handmade cement tiles” — were two erstwhile editors-in-chief for the price of one.

Bernadette Morra and Suzanne Dimma both topped the mastheads, respectively, at Fashion magazine and Canadian House & Home, tentpoles in the country's media scene, and both just exited stage-right. Both were in the gauzy business of reader desire. Both are vets of what, irrevocably, is the battlefield of print.

“I told myself I’d do it for five years,” confessed Dimma, who actually held on to her gig at Canada’s top shelter mag for eight

“That’s so funny . . . so did I!” echoed Morra, who just wrapped up seven years (yes, that itch) at her own frocks-and-all pub.

Editors of monthly magazines comprise a particular breed — by virtue of their editorial skeds, they have to “live in the future,” putting their noses up to what’s coming a month or even season ahead. Thus, for the first time in years, Morra and Dimma — one with her Clara Bow old-Hollywood vibe, and the other the quintessential Canadian dock-girl with a freshness that belies her 52 years — were truly, emphatically living in the moment, it seemed to me.

“My own decision to leave was about a work-life imbalance,” Dimma shared. Something that’s “par for the course in an industry with a 24/7 schedule and so many new and necessary extensions.” (All that tweeting, Instagramming and brand-synergy that’s become a part of the job now, i.e.)

Content to take a break and possibly even lean out, Dimma is passionate about returning to her first love of interior design. After going to art school as well as design school — with deep dives into graphic design, photography and interior design — and having had her own TV



The double interview subjects were departing magazine editors, Bernadette Morra (right) and Suzanne Dimma. The two women are seen here at Morra's home in Toronto. NAKITA KRUCKER/TORONTO STAR

show, and ongoing stints with Cityline, she said, “I wanted to go back to the pure thing.”

And though House & Home (founded 30 years ago by Lynda Reeves) continues to thrive and even has solid newsstand action in the United States, Dimma emphasized, hers was the familiar narrative of burnout that inflicts professionals in many different fields. “I was waking up in a panic every day,” she confessed.

For Morra, the decision to

depart was a marginally more existential one, as it relates to the state of the industry itself.

“It’s no secret that there is declining circulation in all print products, and there is a completely fragmented market,” she pointed out. “No brand is unscathed,” she went on, pointing out to the disruptions at various American mag counterparts (at Condé Nast, Hearst, etc.), and to the “contracting of staff at Glamour and Self, which recently merged

their editorial staffs. And though there’s always ample talk around town about the palace intrigue at St. Joseph Media (which publishes Fashion) and about the snakes-and-ladders replacement of Morra by Noreen Flanagan, who bolted from the editor-in-chief job at competitor magazine Elle Canada, Morra is nothing if not circumspect. “It really was time for a change,” she said.

“I want to go back to the core of what I do, which is storytell-

FAVOURITES

Who were the best cover girls?

Morra pointed to Miley Cyrus (she got the Fashion front right at the “cusp of twerking”) and also Lorde, who was just breaking out when she got the cover. As with baking, so much of magazine hocus-pocus is a question of timing.

ing,” she went on, whether it be for editorial, retail, different brands, or a blend of that.

Because of their profiles, both Morra and Dimma have been a part of the city’s larger social hum. The latter co-chaired the annual Design Exchange auction this past spring, while the former helmed a similar role around the same time for the glitzy National Ballet gala.

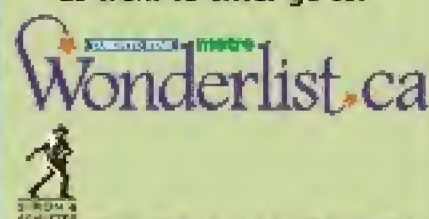
Indubitably, both plan to continue to be involved with various events and initiatives. “If you write I’m retiring, I will kill you,” Morra warned me at one point.



YOU COULD WIN ADVANCE SCREENING PASSES

DreamWorks Pictures' *The Light Between Oceans* is a heart-breaking drama about fate, love, moral dilemmas and the lengths to which one couple will go to see their dreams realized.

10 winners will take home the international best-selling book by M.L. Stedman that inspired the film, plus attend the advance screening Aug. 31, and another 10 winners will get to go to the screening as well. To enter go to:

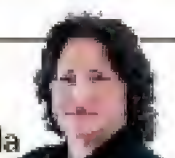


No purchase necessary. One entry per person, per day. Contest open to residents in Toronto and Ottawa, ON; Winnipeg, MB; Edmonton and Calgary, AB; Vancouver, BC, who have attained the age of majority in the province in which they live at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. Ten (10) grand prizes of a book plus 2 screening passes, with a value of \$40 CDN each and ten (10) secondary prizes of 2 screening passes, with a value of \$25 CDN each are available to be won in each market. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01am ET on August 22, 2016 and closes at 11:59pm ET on August 28, 2016. To enter and for complete contest rules visit www.wonderlist.ca

ADVICE

Plan for when best-laid plans fail, never say ‘to hell with it!’

Gail Vaz-Oxlade
For Metro Canada



Have you ever just felt like saying, “To hell with it!”? You’ve been trying to get your credit card balance paid off, but for the third month in a row life has gotten in the way. The car’s transmission gave up the ghost, so now you’re swapping the plans you made for a need-to-fix!

If you let the bad mood that comes with plans being sent sliding get the better of you, you’re likely to make some awful decisions. Sure, you feel like you’ll never get ahead, but saying, “To hell with it!” isn’t the answer. So what is? Well, studies show that if you have a back-up for when your best laid plans get derailed, you’re far less likely to do yourself serious damage.

One study used an anagram task to put students in a bad mood. Half the participants were told the task was easy and would only take five minutes to complete. It was a trick. Three of the anagrams were unsolvable, putting those participants in a grumpy mood. But other participants were told the truth, so no bad mood. Then all the

participants were asked to describe how they would behave in three imaginary scenarios:

- Whether they’d drive an old car with brake problems;
- Whether they’d disclose a secret to a roommate;
- Whether they’d return deliberately damaged shoes to a shop for a refund.



If you let that bad mood get the better of you, you’re likely to make some awful decisions.

So did those who were ticked off the deep end? Some of ‘em. Over the previous week, half of the same students had been asked to keep a mood diary.

The idea was to stay as positive as possible using an “if/then” mantra, as in “if I get into a bad mood, then I’ll watch funny cat videos.” Those who didn’t have experience with the if/then model were prepared to take more risk — to hell with it! Those who had a solid back-up plan were inoculated from the self-defeating behaviour.

The lesson: If you come up with plans that state “if a certain situation occurs, then I will respond in a pre-specified way,” you won’t risk doing yourself in with a stupid decision.

The pre-formulated back-up assuages your need to shoot yourself in the foot.

Your if/then doesn’t even have to be all that concrete. It’s more a matter of acknowledging that a downside is possible and that you’re prepared to deal with it.

So simply having a plan when a setback occurs — look for ways in which you’ve successfully dealt with setbacks in the past — is enough to keep you from going off half-cocked.

To think that crap will never happen because you have carefully thought out your plans is crazy! Crap always happens.

If you don’t have a back-up plan, “To hell with it!” will drive you down the wrong path. Accept that even the best-laid plans can be sent awry by things beyond your control. Have a plan for dealing with a set-back. You’re far less likely to dig your misery hole even deeper.

For more money advice, visit Gail’s website at gailvazoxlade.com

YOU CAN DO THIS REAL ESTATE AGENT

'No day or hour is alike'

WHY I LIKE MY JOB

Josh Bickle, 30, Real Estate Sales Representative with Keller Williams Energy Real Estate Brokerage in Durham Region.

I've always been on the hunt for rewarding work that helps both people and the community. At first, I had a difficult time finding a role that truly spoke to me. But a little over a year ago, a friend told me about the benefits of working in the real estate industry and I was sold.

Initially, I did some research and spoke with a few real estate brokers who encouraged me to enrol in Real Estate College with Ontario Real Estate Association (OREA). I powered through the first four mandatory courses in as little as four months, and now I'm able to train while working full time as a real estate sales representative with a brokerage in Durham Region.

I'll never forget my first sale. I got to bring my clients directly to the property, observe their reactions as they walked through it, and listen in as they eagerly laid out their plans for each space. Hearing them cheer when I told them their offer was accepted was such a phenomenal feeling!

I think anyone can do well in real estate if they have the passion and drive. If you're committed to putting in the work, your success will come full throttle. No day or hour is alike; every client, property and experience is unique — a quality you'll rarely find in other industries.



THE BASICS: Real Estate Agent

\$50,684

Median annual salary for a real estate agent/salesperson. A professional with more experience will likely produce more sales, amounting to average annual salaries of over **\$100,000**

+4%

Projected job growth rate over the next eight years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, realestatelicensehq.ca and onetonline.org.

HOW TO START

Educational and licensing requirements in the real estate sector are determined by provincial regulators. In most cases, courses can be completed at the student's desired pace through a real estate association or council. Upon successful completion of each course, a prospective agent must seek sponsorship from a licensed broker before practising in the field. Some colleges offer courses in home staging, home inspection and property management, which can be useful in gaining employment.

WHERE YOU CAN GO

As the nation's population increases, the number of available housing units will likely continue to climb. Younger real estate agents are beginning to replace retirees, and many are finding innovative ways to advertise and sell home, farmland, commercial or industrial properties through social media and other emerging technologies. While most opportunities stem from brokerage firms, alternative career options include office and property management, mortgage banking, urban planning, land development and real estate appraisal.

NEXT CAREER STEP

Success in the real estate industry requires excellence in client service and time management. Good service will often translate into positive referrals, which are crucial to getting established as a reputable and prosperous agent.

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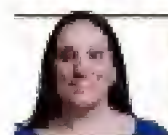
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AFTER THE SHOW

In Kingston, the show's over but fans hope for Downie's return



Kristen Lipscombe
Metro | Halifax

The grey skies above Kingston seemed to weep Sunday morning.

Following a bright and sunny day that brought tens of thousands into the small city's core to celebrate The Tragically Hip, strong winds and curtains of rain blew through the band's hometown, leaving downtown streets empty in the wake of the previous night's historic Canadian concert.

A trio of Kingston natives, who came back to town after scoring tickets to the show at the K-Rock Centre, commented on the post-concert emptiness in Springer Market Square.

Just the night before, more than 25,000 had gathered to take in the final show of the Man Machine Poem Tour, live on the big screen.

"There's nobody around," Steve Mitchell, who came home from Vancouver to see the show, along with sister Julia Boileau and childhood friend Gord Sinclair (yes, that's his name "for real" and no, he's not the guy in the band).

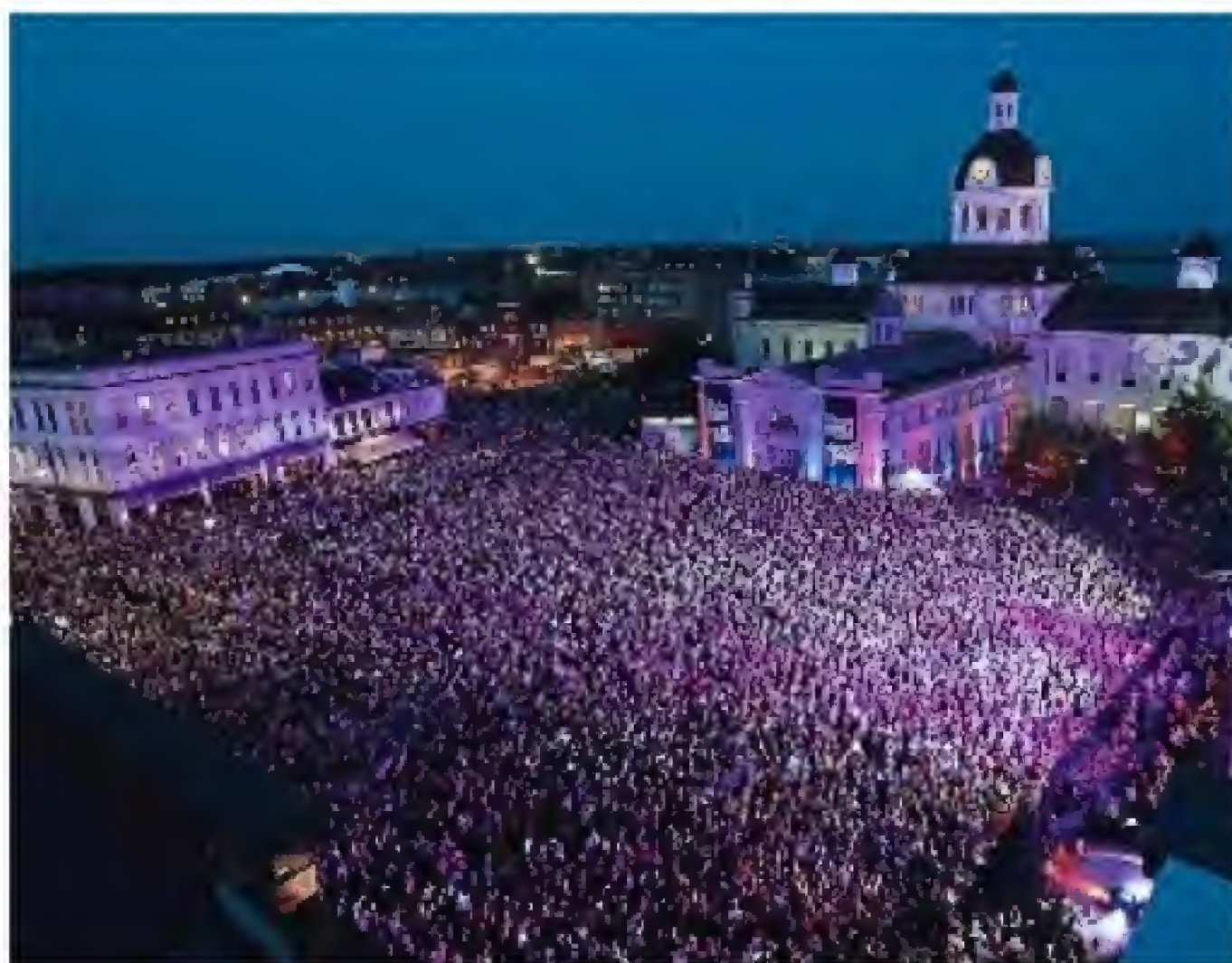
Mitchell admitted to staying up a little too late Saturday to mark the rockin' festivities.

"This was a different performance; it's kind of like he was saving it for this," said Mitchell, who attended the Vancouver show.

Gord Downie sang his heart out and bared his soul not just in Kingston but in cities nationwide on an emotional tour following his announcement of being diagnosed with terminal brain cancer.

"They're all so courageous; it's amazing," Boileau said. "I think he's done wonders for the cause."

Downie, bassist Gord Sinclair (the one in the band), guitarists



People who couldn't get a ticket to the concert gathered in Springer Market Square in downtown Kingston Saturday night. One third of all Canadians tuned in to the show on CBC (TV, online and radio) — that's 11.7 million people. THE CANADIAN PRESS

Paul Langlois and Rob Baker, and drummer Johnny Fay, have long contributed to the Kingston community, and Canadian culture as a whole.

Most recently, the band has established the Gord Downie

Fund for Brain Cancer Research at Sunnybrook Hospital in Toronto, where he's being treated.

"They do a lot of work in the area," Sinclair said. "They're a great hometown band; it's sad to see it end."

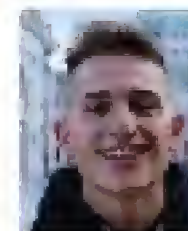
But Mitchell doesn't think it's all over.

"The guy looks pretty fit; he's going to be around for awhile," he said.

"I don't think that's the end of it."

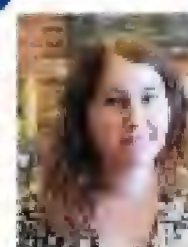
KINGSTON FANS REACT

Knowing what (Gord Downie) was going through ... he was definitely struggling, but he put on a hell of a show.



Owen Barr, 18

It was certainly a national celebration The entire thing was really moving.



Ashley King, 24

It felt like being a part of history. Something that has meant so much to Kingston... sad, but kind of beautiful and intimate at the same time.



William Wellman

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Two Mongolian wrestling coaches stripped to protest Ganzorigiin Mandakhnaran's loss to Uzbekistan's Ikhtiyor Navruzov for a bronze medal



1 Strong finish — The host Brazilians ended off on a high winning gold in men's volleyball. They beat Italy 25-22, 28-26, 26-24 in the final.

2 Golden again — Middleweight Claressa Shields became the first American boxer of either gender to win two Olympic boxing gold medals when she beat Kazakhstan's Dariga Shakimova 3-0.

3 U.S. too strong — Kevin Durant poured in a game-high 30 points for the U.S. in a 96-66 victory over Serbia in the gold-medal game in men's basketball. The Americans finished with 46 gold medals and 121 overall.

4 Mountain man — Switzerland's Nino Schurter blew away the field in men's cross-country mountain biking. PHOTOS BY GETTY IMAGES



Going above and beyond their goals

RIO2016

Canada finishes 10th in total medals with 22

The Canadian medal haul is impressive, 22 in all, the most ever in a non-boycotted Olympics and more golds than any Games since 1992 in Barcelona, a total that exceeded the more optimistic of predictions.

But Canada's performance in Rio was more than that, it was the way the athletes handled themselves in victory and defeat, how they met the challenges that always arise, how they didn't succumb to the predictions of organizational horror.

How they were Canadian. "We feel we did a really strong and successful job of having our athletes understand the environment they are coming into, to be respectful of the environment that they're in and complying and using common sense," chef de mission Curt Harnett said at a Games wrap-up news conference Sunday morning.

"It's all about the plan and what the COC does very well is plan and prepare."

All that planning and preparation allowed the athletes to put on a collective performance few saw coming.

Canada finished with 22



Trampolinist Rosie MacLennan won one of Canada's four gold medals. DAVID RAMOS/GETTY IMAGES

medals — four gold, three silver, 15 bronze — that, discounting the boycotted 1984 Los Angeles Games, matches the best-ever total from Atlanta in 1996.

There were Canadian and Olympic records set in the pool and on the track; there is every reason for Canadian Olympic Committee officials to laud the

work of the men and women on the fields of play.

"We knew Canada was going to be great but they crushed it," assistant chef de mission Carol Huynh said.

Canadian women won 16 of the 22 medals and Penny Oleksiak, the 16-year-old swimmer who won four of them, was named the flagbearer for

Sunday's closing ceremony.

"Definitely on the camaraderie side of it, there was a little rib-jabbing from the women on the team, saying 'When are you guys going to step up?' but the support and the spirit within the village ... was really quite spectacular," Harnett said.

Canada's total put it 10th among countries via the COC mandate of total medals rather than being ranked by golds, surpassing their goal of a top-12 finish. TORSTAR NEWS SERVICE

43

Canadian athletes came up with 43 top-five finishes.

Canucks draw inspiration from each other

Erica Wiebe was sitting in her hotel room in Buzios, Brazil — up far later than she should have been at a final wrestling training camp — watching the Canadian men's volleyball team play on late-night TV to draw a measure of inspiration.

Before he went into a two-day bubble to find the resolve to handle the unimaginable strain of the Olympic decathlon, Damian Warner closely followed the exploits of teenage swimming sensation Penny Oleksiak and drew an extra dose of confidence from her stunning performance. There were basketball play-

ers following golfers, swimmers watching cyclists, rowers tracking rugby players, a mishmash of athletes coming together, a common bond developing in the most uncommon of circumstances.

To speak of a Canadian Olympic "team" is to stretch the meaning of the word to the limit: there is no assistance on the field of play, no way to provide

strategic tips that turn regular performances into great ones.

But in its own unique way, it is truly a team: comforting, consoling, counselling, cheering, commiserating with each other — joyful in the successes, supportive in the defeats.

They may not all be in the same athletic realm, with the disciplines so different, but they are as one and it is in no small

way part of the reason why Canada has had its most successful Summer Olympics in almost half a century.

"I remember sitting in my room and it's 10 o'clock, and the men's volleyball team was on the court and I could not turn off the TV," said Wiebe, the wrestling gold medallist. "Watching those guys lay it all on the line, their intensity and their passion, that's what sports is all about and it's what makes me so proud to be Canadian — and I knew that I had to go do that for Canada, too."

TORSTAR NEWS SERVICE



Watching my fellow athletes race and run and play and wrestle that makes me feel proud to be Canadian. Erica Wiebe

Dodgers heap praise on lefty Urias

MLB

Young pitcher gets another win while Utley paces offence

Julio Urias did most things a team can expect from a pitcher — bunt, field, control the running game and pitch very well. The 20-year-old left-hander

won his third straight decision. Chase Utley homered on the fourth pitch of the game and the Los Angeles Dodgers beat the Cincinnati Reds 4-0 Sunday to stop a three-game losing streak.

"He has a very good feel and mound presence," Dodgers

manager Dave Roberts said. "He had the pickoff. He was good with runners on base. Just an all-around plus day for Julio."

Utley connected against Anthony DeSclafani (7-2) for his third home run of the trip and 11th this season, then had an RBI single in the

third and scored on Cory Seager's hit for a 3-0 lead. Utley homered twice Tuesday at Philadelphia, his former team.

"For a starter, that's what you need," Urias said through a translator. "You can't win games by yourself."

Urias (4-2), who made his big league debut in late May, allowed six hits, struck out six and walked none, throwing 62 of 97 pitches for strikes.

THE ASSOCIATED PRESS

SUNDAY In Cincinnati

4 **0**
DODGERS REDS



Julio Urias delivers on Sunday. JAMIE SABAU/GETTY IMAGES

IN BRIEF

Jays struggle in Cleveland

Jose Ramirez hit a two-run homer off Brett Cecil in the eighth inning and the Cleveland Indians rallied past the Toronto Blue Jays 3-2 Sunday to win the series between teams that began the game as AL division leaders.

The Blue Jays maintained their half-game lead over Boston in the AL East, but lost twice in their three-game showdown with AL Central-leading Cleveland.

THE ASSOCIATED PRESS

Dolphins centre sidelined

Miami centre Mike Pouncey has been sidelined by a hip injury that could force him out of the season opener.

Pouncey was hurt in Friday's exhibition game at Dallas, and he'll likely sit out the final two pre-season games, coach Adam Gase said Sunday.

"We're still kind of feeling out what's going on," Gase said. "We're working with the doctors and trying to make sure when he comes back, he's ready to go."

THE ASSOCIATED PRESS

Bale comes through for Real

Gareth Bale scored twice to help Real Madrid start the Spanish league with a 3-0 victory at Real Sociedad, while Atletico Madrid was held 1-1 after conceding a last-gasp goal to Alaves on Sunday.

With Cristiano Ronaldo injured, Bale's second-minute header set Madrid on its way to a comfortable win that youngster Marco Asensio put beyond doubt with his second goal in as many matches for the reigning European champions.

THE ASSOCIATED PRESS

Korean Kim wins Wyndham

Si Woo Kim won the Wyndham Championship by five strokes Sunday for his first PGA Tour title.

The 21-year-old South Korean player closed with a 3-under 67 to finish at 21-under 259 in Greensboro, N.C., tying the tournament 72-hole record set eight years ago by Carl Pettersson.

Kim matched Pettersson by sinking an uphill 14-foot birdie putt on the final hole.

THE ASSOCIATED PRESS

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RECIPE Chicken Paillard with Basil Avocado Salsa

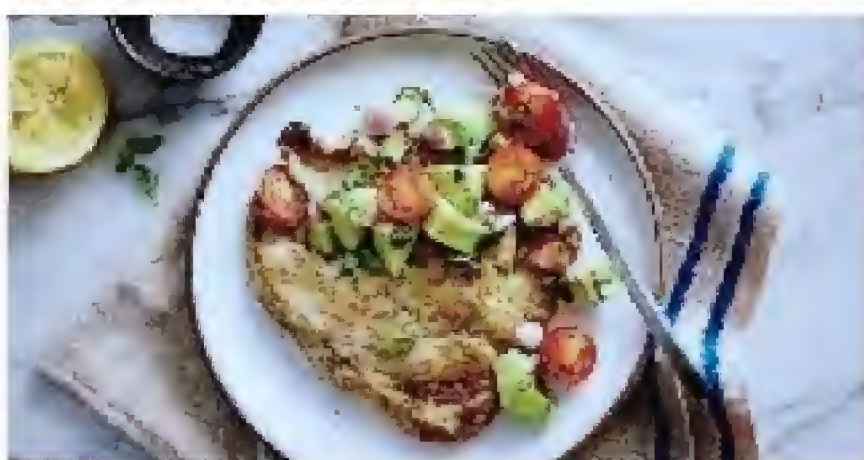


PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

What do you make in a heat wave? Dinner salads like this that are short on cooking time but long on flavour.

Ready 20

Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced
- 2 tps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. Lightly oil grill grate with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (Or you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

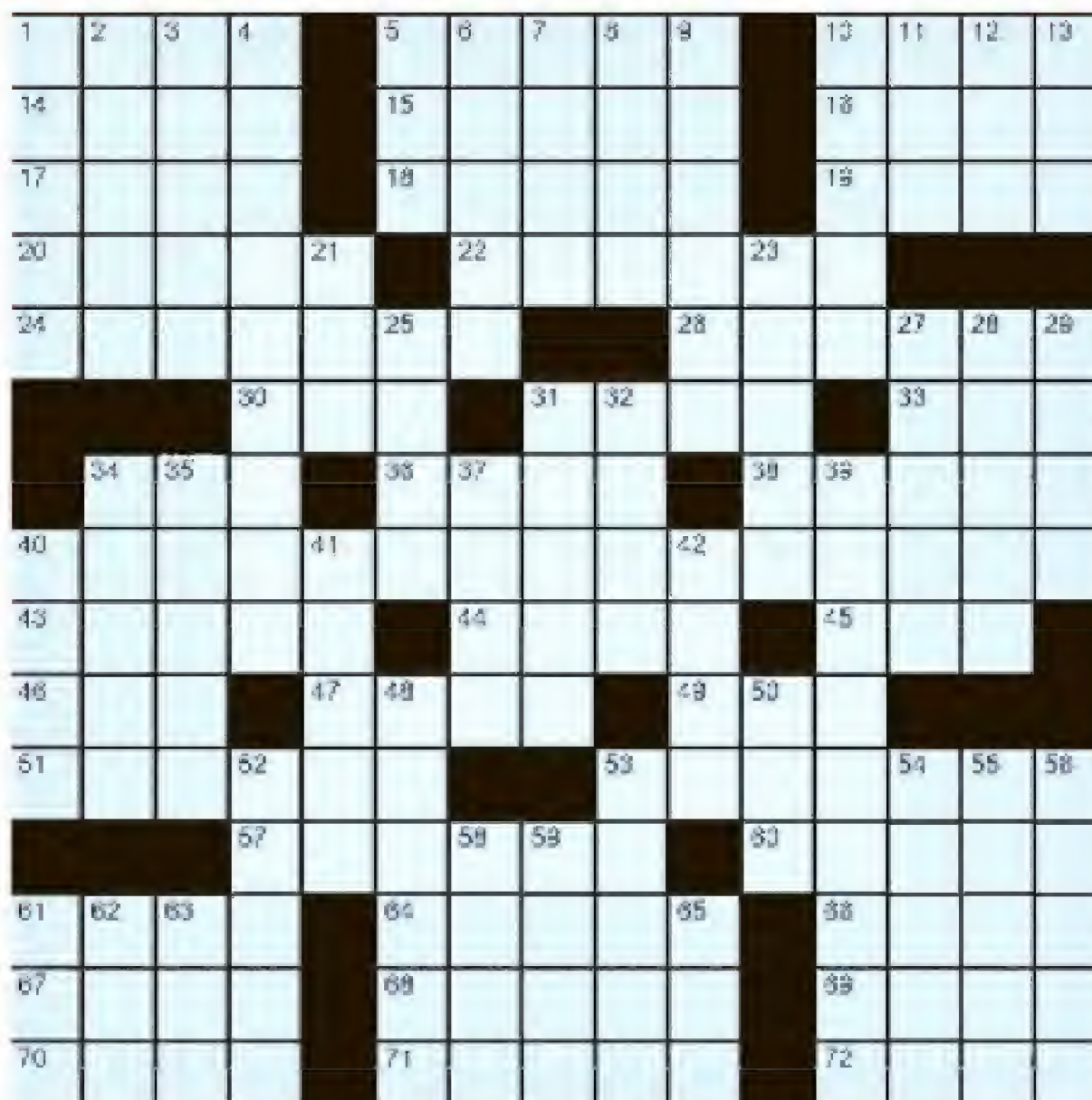
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "___ Can You Hear Me?" by Barbra Streisand
5. Arfi ___ Apso
10. Bonfire bit
14. Pronto! to a CEO
15. Boring tool
16. Go back-packing
17. Giddy-up helper
18. Band Eric Clapton once was in
19. Particular
20. Cylindrical crops-containing country constructions
22. Acting do-over
24. New\$ \$tory. The ___
26. Skims, as soup
30. ___ generis (Unique, in Latin)
31. Chunk
33. US state
34. Mai ___ (Cocktail)
36. Design style, Art ___
38. Hawk's home
40. "Rich Girl\$" Canadian band: 3 wds.
43. Not napping
44. Souls: French
45. Smidgen
46. Ms. Streep, to pals
47. Hope of US soccer
49. "Where the Boys ___" by Connie Francis
51. "___ Little Liars"
53. Defended,



as a castle
57. Take to be true
60. Topic
61. Car rental company
64. Verity
66. Barbera d'___ (Wine of Piedmont, Italy)

67. Great ___ Valley
68. "Doctor Do-little" (1967) star Samantha
69. Mount ___ (Site of King David's Tomb in Jerusalem)
70. Lawyer's undertaking
71. Respites

72. Goes off course

DOWN

1. Out of style
2. Savoury gelatin
3. Brazil's Sao ___
4. Feature in a farmhouse-style kitchen: 2 wds.

5. Quebec locale, ___-Beauport
6. Go about things quickly
7. James ___ (Pulitzer-winning writer)
8. Chair
9. The Spanish ___
10. Crook
11. Drollness

12. White House nickname
13. Bit of bling
21. Q. "___ is the alphabet's 21st letter then?" A. "Correct."
23. Shish ___ (BBQ sizzler)
25. Skirt length
27. Left ventricle tube
28. ___ and true (Reliable)
29. Visionary
31. Chump
32. Actor Chad
34. Calgary ___ (Downtown Calgary attraction)
35. Mindful
37. And others [abbr.]: 2 wds.
39. Town in south-eastern Saskatchewan
40. Rather wet
41. Kanye, Mae and Adam
42. Isaac's older son
48. Pearl source
50. City creature
52. Flavour
53. Bug: 2 wds.
54. Nora Ephron's writer sister
55. Curve
56. University big-wigs
58. Press
59. Java cups
61. Joan of ___
62. Train name in Canada
63. Perhapses
65. Time units, briefly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next four weeks, you want to get organized! Your priority is to be efficient, effective and productive!

Taurus April 21 - May 21
Lucky you! The next four weeks are full of opportunities to enjoy sports events, vacations, parties, playful activities with children and romantic adventure.

Gemini May 22 - June 21
Home, family and your private life will be your primary focus in the next month. Continue with repairs and redecorating projects.

Cancer June 22 - July 23
Your daily pace will accelerate for the next four weeks because your agenda is busy. Short trips, errands, conversations with many people and increased reading and writing are just some reasons.

Leo July 24 - Aug. 23
Now your attention turns to money, earnings and possessions. Listen to your creative side about money-making ideas in the next few weeks.

Virgo Aug. 24 - Sept. 23
Today the Sun enters your sign, where it will stay for the next four weeks attracting people and positive situations to you. It's your turn to re-energize and restore yourself.

Libra Sept. 24 - Oct. 23
Use the next few weeks to start to plan what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines. What's to lose?

Scorpio Oct. 24 - Nov. 22
Everyone wants you on his or her team in the next four weeks, which is why your popularity will increase. Enjoy schmoozing with others.

Sagittarius Nov. 23 - Dec. 21
For the next four weeks, the Sun is at the top of your chart. This is the only time all year this occurs, and it makes you high-viz with everyone, especially bosses and VIPs.

Capricorn Dec. 22 - Jan. 20
Travel if you can in the next few weeks, because you want to push the boundaries of your world. You want more out of life.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and inheritances are a strong focus for you in the next few weeks. Tie up loose details, because things will go in your favour.

Pisces Feb. 20 - March 20
For the next four weeks, the Sun is opposite your sign, giving you a chance to get a better handle on your style of relating to those who are closest to you. Use this to learn something valuable.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

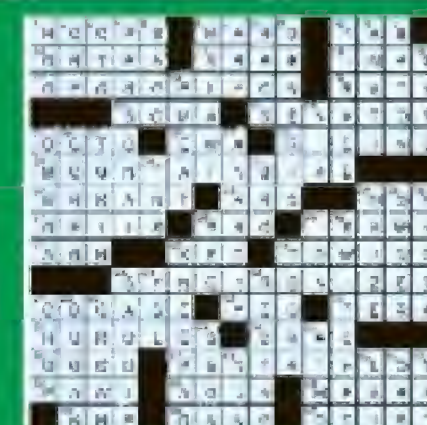


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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	9	7	8	1	5	2	6	4
1	8	4	3	2	6	9	5	7
6	2	5	7	4	9	1	8	3
5	4	2	9	3	1	6	7	8
7	6	3	2	5	8	4	1	9
8	1	9	6	7	4	3	2	5
4	7	8	1	6	3	5	9	2
2	5	6	4	9	7	8	3	1
9	3	1	5	8	2	7	4	6

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END OF SUMMER

Lease or
finance from
0% **
for 36
months

 **TOYOTA 2016**
FACTORY EVENT

Up to
\$4,000
cash incentive
on select 2016
vehicles*



2015 **Corolla LE TCUV***
\$17,398

\$129 Bi-weekly plus tax
Finance for 72 months @4.9%

*Toyota Certified Used Vehicles



2016 **RAV4 SE**
0% Financing available for 36 month leases

\$37,411

\$191⁶² Bi-weekly plus tax
Lease for 60 months at 1.99%

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WHEN YOU
PURCHASE, TEST-DRIVE, SERVICE

**A TOYOTA VEHICLE AT
McPHILLIPS TOYOTA**

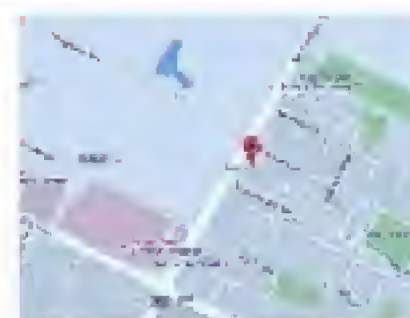
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McPhillips
 **TOYOTA**

2425 McPhillips St, Winnipeg, MB
sales@mcphillipstoyota.com
(204) 338-7985



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DISCLAIMER: 2016 Toyota RAV4 AWD SE: \$191.62 lease bi-weekly over 60 months at 1.99% oac, total before taxes \$37,411.75; 2015 TOYOTA COROLLA LE: \$129 FINANCE BI-WEEKLY OVER 72 MO. Sale valid until Aug. 31/2016, Total Before Taxes \$17,398. 0% interest rates available for select RAV4 models only. Vehicle pictures may not be exact. Cash rebates cannot be combined with finance or lease programs. See Dealer for details. Dealer permit #0805